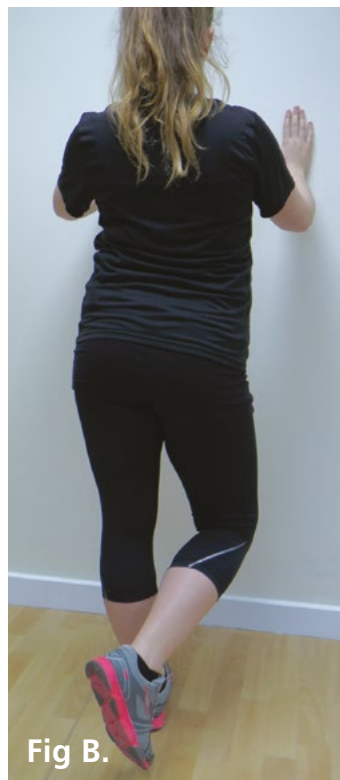
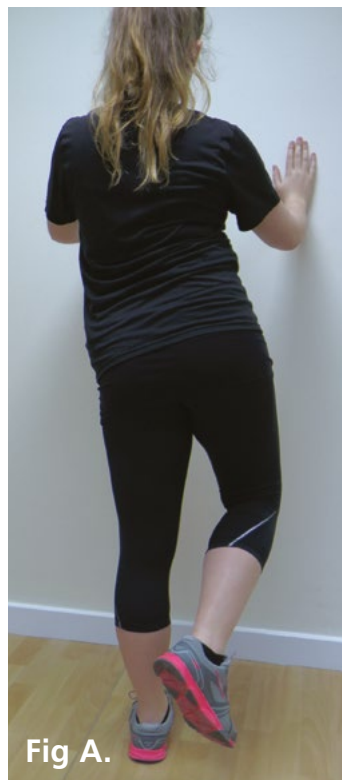


Hip hitching



Standing with support in front of you (**Fig A**), lift your hip up towards your ribcage (**Fig B**) and slowly return to the resting position.

Repeat as directed by your physiotherapist.

For a video demonstration of this exercise please click [VIDEO LINK](#)

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan here.



NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.

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